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*Colorado Department of Agriculture*

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## FOR IMMEDIATE RELEASE

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## ***Cook Up the New Year with Colorado Buffalo***

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado buffalo is featured in the **Paleo Buffalo Burger** recipe.

### **Available Now...Buffalo**

The great American bison is the largest land mammal in North America. There are approximately 220,000 bison across the United States on public and private lands. Buffalo is a source of protein, vitamins B6 and B12, iron as well as other vitamins and minerals. Look for Colorado buffalo at your local grocery store or at restaurants across the state.

### **Paleo Buffalo Burger**

*Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District*

2 Lbs. Ground Buffalo

1-1/2 Tbsp. Fresh Garlic, minced

1 Tbsp. Dried Italian Herbs

3 Tbsp. Olive Oil

1/2 Cup Greek Olives, pitted and chopped

1/4 Cup Fresh Italian Parsley, chopped

1 10 oz. Can Roasted Red Peppers, drained and chopped

1 Egg

Kosher Salt to Taste

Black Ground Pepper to Taste

1 Head Iceberg Lettuce

1 Lemon

In a large stainless steel mixing bowl, combine the buffalo, garlic, herbs, oil, olives, parsley, peppers and egg and mix well. Divide into 8 equal burgers and set aside. Lightly spray grill with cooking spray then heat grill to high. Place the burgers on the grill and season as needed with salt and pepper. Turn burgers once to cook on both sides. Remove from the grill when cooked to desired doneness. Place onto Iceberg lettuce "buns," drizzle lightly with lemon juice and enjoy.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

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